



the Quick Release

www.spflicycling.org

June 2017

MARK
YOUR
CALENDAR!

Summer Fun!

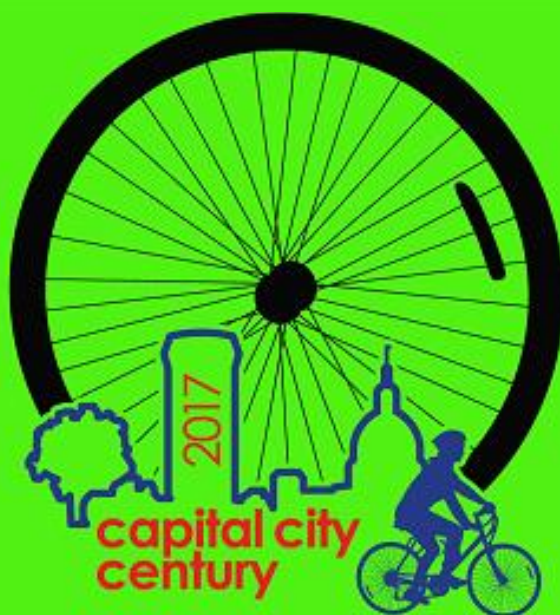
- ◆ Prairie Days Ride, June 3
- ◆ Winery Ride, June 11
- ◆ Burgoo Ride, July 4

Spring Trail Cleanup



Cleanup on Wabash Trail by Cub Scout Pack #3. See also Incentive Awards (*photo courtesy of Alan Whitaker*)

2017 CCC Logo Unveiled!



CCC is September 10

Registration opens in June!

spflicycling.org/ccc

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Incentive Awards

By Larry Stone & Marty Celnick
Incentive Co-Chairs

Derek & Brigetta Ewing won Ride of the Month for their April 23 Cycling Challenge #1 from Rochester. A total of 93 riders signed in. Congratulations, Derek & Brigetta, on getting the 2017 Challenge series off to a good start!

Carolyn Lawrence won the Ride Leader incentive drawing and a \$50 gift certificate at a local bike shop of her choice. The Almost Anything Award went to Cub Scout Pack #3 from Douglas United Methodist Church, for their cleanup work on the Wabash Trail.

A few words from Tom Clark, SBC President



June marks the beginning of summer and the heart of cycling season. Our SBC season kickoff weekend April 21-23 got us off to a good start. Over 65 attended our season kickoff party, 39 kids completed our bike rodeo, and close to 100 riders took Challenge #1. We followed up with some great Curb Your Car Week activities to kick off National Bicycle Month. Excitement is building and our membership is growing! I hope to see you on a bike ride or at an event this month.

Secretary's Report

By Barry Lacy, Board Secretary

A warm welcome to our **new members**, and thanks to **renewing members** for their continued support.

New Members

Adrianna Bartolomucci & Family
Anthony Cogan & Family
Crystal Correa & Scott Cohen
Kevin & Dianna Hamblin
Tony Kolbeck
Kevin & Linda McClain
Scott Morey & Family
Paul O'Connor
Bill Pearce
Lee Ann Prather & Family
Dan Punzak

Jerry & Debbie Ihnen
Tim & Beth Kinkelaar
Mike Kokal
David & Anita McDivitt
Mike & Cindy Murphy
Charlie & Janice Perino & Family
Jeff Brenda Price
Hope Rolens
Gene Rupnik
Bill & Lisa Schultz
Julie Summers & Joe Donelson & Family
Susan Taylor
Bob & Nancy Thompson & Family
Jeffrey Young
Chuck & Annette Zalar
Bud Altman
Jack Morris
Larry & Lisa Stone
Vicki Berry

Renewals at the Contributing Level

Richard & Cheryl Brown
Vaughn Morrison & Cherry Knight & Family
Judy Nesbitt & Family
Ed Doornbos
Marilyn Okon
Mike & Cheryl Eymann

Renewals at the Sustaining Level

Bryon Nesbitt
Alan and Kathy Whitaker
Gary & Lynn Woerner

Renewals at the Patron Level

Gary & Sharmin Doering

Renewing Members

Frank Albanese
Cheryl Castles
Bob Coady
Bob Dettling
Joe Donelson & Family
John & Deb Fee & Family
Kathryn Hanlon & Steve Casper
Ted Harvatin

Joining or renewing your membership is easy and there's no extra charge for doing it online. Go to the Membership page at www.spfldcycling.org. A printable membership form is also available online and in each month's QR.

NOTE: Those joining or renewing after the 15th of the prior month will appear in next month's report. For June 2015 and beyond, Board meeting Minutes are posted online at www.spfldcycling.org.

June 2017 Ride Schedule

For updates, corrections and last minute changes to the ride schedule please check the SBC website at www.spfldcycling.org. Unless otherwise indicated, **weekday** daytime rides will not take place on holidays. All rides return to the starting point unless otherwise noted.

Ride Classifications

NC – Non-Cycling events.

MB – Rides suitable for mountain bikes.

EZ – For riders who prefer a pace under 10 mph. These are purely social rides. Expect short routes either in town or on a trail and expect to ride as a single group. No one will be left alone at the back of the group and assistance is provided for flats and other minor mechanical problems.

D – For novice or recreational riders. Expect to ride at a pace of 10 – 12 mph with rest stops as needed. Expect the ride leader or another club member to stay with the slowest rider and to offer assistance for flats and other minor mechanical problems.

C – For competent riders with basic safety and bike handling skills. These rides combine social riding with improving fitness and riding ability. Expect that most riders will ride in groups at a pace of about 12 – 15 mph. There may be rest stops on the route, but they will be limited. Riders are comfortable navigating by map if separated from the group and can handle their own mechanical repairs.

B – For strong, experienced riders with considerable group riding experience. Expect the emphasis to be on improving individual stamina and riding skills. Most riders will maintain a pace of 16 – 18 mph and will not feel obligated to wait for slower riders. Pace lines are common. Riders are able to handle their own mechanical repairs and are comfortable navigating by map if separated from the group.

A – For extremely strong and competitive riders with expert bike handling skills. Expect riders to be self-sufficient and to maintain speeds of 19+ mph for extended distances using pace lines.

Please arrive for rides 10 minutes early. Be sure that your bike is in proper working order before you arrive. All riders are strongly encouraged to obey traffic laws, wear a helmet, carry everything necessary to fix a flat tire, and bring hydration. If the ride leader fails to appear, form a group and go on a ride if you like. Then turn in your miles to the club record keeper (records@spfldcycling.org).

Questions about leading a ride? Contact vp@spfldcycling.org.

Weekday Daytime Rides		Check start times!
Monday Friday 10:00 a.m.	Morning Geezer Ride Washington Park Pavilion on the South side of the park Pete Gudmundson, 523-8200	Show-N-Go ride for retired geezers or those hoping to become geezers. No leader or map, but Pete shows up often enough for this ride that he should be able to answer questions. Please use ride sheet if riding together. Turn in miles to the records keeper. *Disclaimer: Geezer riders occasionally change the start time due to weather and other considerations. Please call ahead.
Monday, Wednesday, and Friday 8:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Derek Ewing, 624-2016	Weekday A-Ride. The weekday ride is a No Drop Ride, but riders should be able to maintain speeds of 18-20 mph for 20 to 40 miles between stops. Usually includes a stop midway.
Monday thru Friday 10:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Tom Clark, 726-5560	Weekday BCD Club Ride. Show-N-Go. Ride the trails or go out in the country. Turn in miles to the records keeper. There is no ride leader, but Tom can answer questions about this ride.
Monday thru Friday 10:00 a.m.	Daily Pana Trail Ride Lake Taylorville parking lot, Rt 29 Pat Stephens, 287-7056	Show-N-Go along the Lincoln Heritage Trail. Turn in miles to the records keeper. There is no ride leader, but Pat may be able to answer questions about this ride.
Monday thru Friday Noon	IDOT, Lost Bridge Trail Dirksen Parkway Show-N-Go	ABC — Lunch Ride. Skip lunch and ride the trail. Riders may add a loop from Rochester. D riders are welcome to ride the trail but should be self-sufficient. Turn your miles in to the records keeper.
Monday thru Friday 12:15 p.m.	Strike & Spare Durkin & West Lawrence Dave Ross 789-4823	BC — Westside Lunch Ride. We'll hop on the Sangamon Valley Trail or head out into the country.

Weekday Evening Rides		Check start times!
Mondays 5:45 p.m.	Parking lot at east end of Wabash Trail by Sonic Wabash Ave & Park St Marty Celnick, 522-4206	BC — Leave from the east end of the trail at 5:45 p.m. Those riding from Parkway Pointe theater (Lindbergh Blvd & Robbins Rd) will start a few minutes earlier to allow time to sign in. This popular ride will get you 16 miles from Sonic or 21 miles from Parkway Pointe.
Tuesdays 5:30 p.m.	IDOT Dirksen Pkwy & Ash St Show-N-Go	BCD — Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper. Lights recommended.
Tuesday 5:45 p.m.	Location varies Jim and Sandra Elliot, 899-2142	C — Tuesday C-Group Bike Ride. Join Jim and Sandy for a ride of 20 to 30 miles at an easy 12 to 15 mph pace. This is a no-drop ride with a rotating start location. Call or text Jim to receive an invitation to join the group and receive information about upcoming rides.
Wednesdays 5:45 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Ted Sunder, 698-9194	BC — Ride the trail with Ted for 12 miles or add a low traffic county road to the airport for a total of 15.
Thursdays 5:45 p.m.	Sangamon Valley Trail South End Parking Lot Bunker Hill Rd Alan Whitaker, 494-6807 Joe Agner, 361-5077 Brenda Price, 685-0004	D — Ride 12 miles on the Sangamon Valley Trail at a casual 10-12 mph pace. Join Alan (June 1 & 3), Joe (June 15 & 22) and Brenda (June 29th). The ride leader will stay with the rearmost riding group. Note: This ride is specifically designed for riders who think our other group rides might be a little fast for them. Come out and enjoy riding this beautiful trail at a relaxed pace!
Thursdays 5:30 p.m.	IDOT Dirksen Pkwy & Ash St Show-N-Go	Show-N-Go along the Lost Bridge Trail. Turn miles in to the club records keeper. Lights recommended.
Monday through Friday 6:00 p.m.	Pana Trail, Lake Taylorville parking lot, Route 29 Charlie Witsman, 299-7038	Show-N-Go – Ride the Lincoln Heritage Trail. Turn in miles to the club records keeper. Call Charlie if you need information about trail conditions or directions. Lights required.
Scheduled Rides and Events		Check start times!
Saturdays and Sundays 8:00 a.m. NOTE: Location and time may vary (see Facebook page)	Vredenburg Park Saxon Dr & Crusaders Rd Derek Ewing, 624-2016	Weekend A-Ride. This ride is intended for extremely strong and competitive riders with expert bike handling skills. Expect riders to be self-sufficient and to maintain speeds of 19+ mph for extended distances using pace lines. Riders will agree on a destination and determine a route at the time of the ride. Developmental A-riders and B-riders are welcome, but they should be self-sufficient or accompanied by an experienced rider. To receive information about upcoming rides, search “Springfield IL Area Cycling” on Facebook, then click on “Join Group”. Contact Derek if you have any questions.
Saturday June 3 10:00 a.m. NOTE TIME	Vredenburg Park Saxon Dr & Crusaders Rd Joel Johnson, 528-6942 Scott Sievers, 801-2873	ABC — Come join Joel on an approximately 40-mile round trip to visit Nipper Wildlife Sanctuary in Loami for Prairie Days, hosted by Friends of Sangamon Valley. Head back to Vredenburg with Scott after a quick pit stop, or return with Joel after enjoying a couple of hours or so at the event.
Sunday June 4 9:00 a.m.	Waldrop Park Sherman Larry Stone, 553-2297	ABC – Larry will guide us along country roads through Fancy Prairie on our way to Athens, then return to Sherman through Cantrall for about 35 miles.
Wednesday June 7 7:00 p.m.	Residence 2301 Sangamon Avenue Ken Anderson, 522-3876	NC – Board Meeting. All SBC members are invited to attend the board meeting.

Saturday June 10 9:00 a.m.	Knights of Columbus 2200 Meadowbrook Rd (park in west end of lot) Alan Whitaker, 494-6807	BCD — Alan will take us forever or wherever for 40 miles. D riders can ride the Sangamon Valley Trail.
Sunday June 11 12 Noon NOTE TIME	Centennial Park Main Parking Lot Bunker Hill Road Mike Kokal, (618) 560-9288	ABC — Winery Ride. Ride with Mike to New Berlin and then on to Danenberger Family Vineyards (12341 Irish Road, New Berlin) for snacks and libations. 16-30 miles depending, with a possible 40-mile option. D riders can ride the trail.
Saturday June 17 9:00 a.m.	Centennial Park Bunker Hill Road Linda Butler, 899-7165	ABC – Linda will lead us on a 25 to 35 mile route.
Sunday June 18 9:00 a.m.	Stuart Park Winch Road north of Route 97 and Veteran's Parkway Deb Cooper, 546-5099	ABCD – Deb will guide us on a 35 mile route. D riders can ride the trail.
Tuesday June 20 6:00 p.m.	State Capitol Visitors Center parking lot, behind Boone's Saloon – entrance at 399 W Edwards St (approximate) Kevin Greene, 494-8959	EZ – Ride for an hour (6-8 miles) through city neighborhoods at a relaxed pace.
Saturday June 24 9:00 a.m.	Waldrop Park Sherman Cindy Kvamme, 971-8687	ABC — Ride with Cindy on the best roads to Middletown. 35 miles with a 24 mile cutoff.
Sunday June 25 9:00 a.m.	Centennial Park MAIN parking lot (not the trailhead) Harv Koplo, 899-9175	Harv will watch the winds and take us to Salisbury, Loami, or Auburn for a 30-40 mile ride, with a cutoff for less distance. D riders can ride the Sangamon Valley Trail.
Saturday July 1 9:00 a.m.	Vredenburg Park Saxon Dr & Crusaders Rd Marty Celnick, 499-9967	ABC – Destination to be determined by wind direction.
Sunday July 2 8:00 a.m.	Rochester Station Tom Clark, 726-5560	BCD - Ride 28 miles to Edinburg or add a stop in Mechanicsburg for 40 miles. Expect BC and B+ riding groups to form on the ride. D riders can ride the Lost Bridge Trail. Ride to the ride for more miles.
Tuesday July 4 Start Time depends on Start Location	8 a.m. - Panera Bread West, Wabash Ave. & White Oaks Dr. 8:40 a.m. - County Market, 1099 Jason Place, Chatham 9:15 a.m. - U.S. Post Office, 100 Church Street, Loami Robert LaBonte, 787-0237	ABCD – Annual Franklin Burgoo Ride. Celebrate our nation's Independence Day with a ride to Franklin, IL for its annual Burgoo Festival. The start times and ride distances are staggered to provide all riders an opportunity to participate. Leave from Springfield for 62 miles; Chatham for 48 miles; or Loami for 28 miles. It will be hot. Roads will be soft and oily! Be sure to bring plenty of water and money for those pies!
Tuesday July 4 8:00 a.m.	Location and time varies Derek Ewing, 624-2016	Holiday A-Ride. The A-Riders will join the Burgoo ride to Franklin. Choose a starting time and location above.. Contact Derek if you have any questions.

Other Area Rides

Springfield area bike shops and other entities sponsor or host a number of rides each year. We post them in this separate section of QR. *NOTE: 'Other area ride' miles count for club miles, as they are organized rides.*

Other Area Rides & Events		
Mondays 6:00 p.m.	Ace Bicycle Shop 2500 S MacArthur Ave 523-0188	Ace Monday Night Ride. These rides are geared towards all levels of riders and are no drop! Ace staffers will be on the ride in the event of a mechanical. Helmets are strongly recommended. Like us on Facebook "Ace1BMX" for weather details.

Tuesdays and Thursdays 5:45 p.m.	Biketek 957 Clock Tower Dr Show-N-Go	Bike Tek Salisbury Hills Ride. A and B group leaders assist developmental riders. The route is challenging and hilly. Each group re-forms periodically. Show-n-go with no official leader.
Wednesdays 6:10ish p.m.	Wheelfast 17 Cottonwood Dr Matt Saner, 483-7807	ABC — Wheel Fast Road Ride. Intermediate training ride. Meet at the bike shop and plan on 16-20 miles. Faster group leaves at 6:10. Others leave immediately after with a designated leader at the rear.
Every other Wednesday June 7 & 21 5:30 p.m.	New City Church parking lot New City Rd, Pawnee Steve Schien, 741-8388	New City Time Trials. This is a non-affiliated 10.85-mile time trial on Pawnee New City Road. Most riders are seeking to improve their cycling ability and personal time trial speed. All are welcome to participate. Check-in immediately after arriving. The goal is to send off the first rider at 6:00. Riders are started in 15-second intervals with the slower riders first. Bring \$2 for the timer. Call or text Steve to be added to the email group for updates.
Thursdays 5:45 p.m.	Scheels 3801 S. MacArthur Blvd Amy Beadle, 726-6330	Trail and Road Ride — A chance for fellow bike enthusiasts to get together and share their passion. This ride is intended for all levels of riders. Some riders stay on the trails for 10-12 miles while others add a road ride for 20-30 miles. A shorter, slow-paced family ride starts at the same time. A designated rider leader stays at the back of each riding group.
Friday May 27 5:30 p.m.	State Capitol Visitors' Center 425 S. College St. (west of the Stratton Building across College Street) Alan Escobar, 638-9523	EZ — Critical Mass Ride. Ride for about 1 hour at a slow pace. Suitable for all bikes. Critical Mass is a worldwide event held the last Friday of every month. It is open to all, and it welcomes all riders to join in a celebration of riding bicycles. Why? Because bikes are fun! Front and rear LIGHTS recommended.
Regional Rides		
Sunday June 4	Stan Parks, 422-8537	Ride United . Ride 20, 40, or 60 miles from Fairview Park in Decatur to benefit United Way. \$30 & up.
Saturday June 10	Sandy Roe, sandykroe@gmail.com	McLean County Wheelers Spring Metric . Ride 20, 40 or 60 miles to benefit Bikes Change Lives. www.mcleancountywheelers.com
		For an up-to-date listing of upcoming regional cycling events, go to www.mikebentley.com and check Illinois Bicycle Rides

Share the Road License Plates

Make a statement when you drive, and make cycling safer at the same time. The Share the Road license plates deliver a key message while raising money for **Ride Illinois's** safety education efforts through the state's Share the Road Fund, including share the road signs. To order your plates, go to cyberdriveillinois.com and search "Share the Road".

http://www.cyberdriveillinois.com/departments/vehicles/license_plate_guide/sharetheroad.html



Springfield Bicycle Club Membership Application

☐ New Member

☐ Renewing Member

☐ Change of Address

Name		
Address		
City		
State		Zip
E-mail Address(es)		
Phone(s)		
Birth date*		

Type of Membership (check one):

☐ Individual: \$20 per year

☐ Family: \$25 per year

☐ Contributing: \$30 per year

☐ Sustaining: \$50 per year

☐ Patron: \$100 per year

☐ Corporate: \$100 per year

Family Member Information

Name 1:	Birth date*
Name 1:	Birth date*
Name 1:	Birth date*
Name 1:	Birth date*

I would like to opt out of: ☐ Club e-mail announcements

☐ Quick Release mailing (issues are available at www.spfldcycling.org)

I would like to help with SBC activities: ☐ Yes ☐ No

If yes, please check any specific areas of interest:

☐ Lead bike rides

☐ Help with social activities

☐ Help with bicycle advocacy

☐ Help w/ Capital City Century

☐ Serve on the SBC Board

☐ Other _____

Legal Waiver

I (and my parent or guardian in case of a person under 18 years of age) hereby release the Springfield Bicycle Club and any other party or parties involved in any Springfield Bicycle Club activity of any liability whatsoever for any loss or damage to property or for personal injury sustained or occurring on any Springfield Bicycle Club event.

Signature:	Date Signed:
Parent/Guardian:	Date Signed:

Official SBC Name Badge

Hang it on your seat bag. These are a pretty neat way to let other riders know your name. Include **\$12.00** extra and print your name (clearly) on the following line as you would like it to appear on your name badge:

Badge Name: _____

*providing birth dates is optional, but recommended to help us keep track of club demographics.

NEW MAILING ADDRESS

Springfield Bicycle Club
Post Office Box 13035
Springfield, IL 62791-3035

Springfield Bicycle Club
Post Office Box 13035
Springfield, IL 62791-3035
Address Service Requested
Not for Commercial Use

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U. S. Postage Paid
Springfield, IL
Permit #800

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President

Tom Clark
726-5560
president(at)spfldcycling.org

Treasurer

Jim Hajek
698-7626
treasurer(at)spfldcycling.org

Legislative/Education

Bill Donels
546-8036
legislative(at)spfldcycling.org

Membership

Ted Sunder
971-3193
membership(at)spfldcycling.org

Vice President

Scott Sievers
901-2873
vp(at)spfldcycling.org

Special Events & Projects

Harv Koplo
899-9175
events(at)spfldcycling.org

Web Editor

Alan Whitaker
494-6807
web(at)spfldcycling.org

At-Large Members

Ken Anderson
522-4206
Marty Celnick
522-3876
Andrea James
Joe Agner
Cindy Kvamme
Nancy Thompson
at-large(at)spfldcycling.org

Board Secretary

Barry Lacy
899-8407
secretary(at)spfldcycling.org

Records

David McDivitt
787-5964
records(at)spfldcycling.org

QR Editor

Tom Clark (interim)
Marty Celnick (interim)
editor(at)spfldcycling.org

Recording Secretary

Vacant
recording(at)spfldcycling.org

Social Chair

Poonam Mahajan
553-2297
social(at)spfldcycling.org

Incentive Chair

Larry Stone
Marty Celnick
incentive(at)spfldcycling.org

Quick Release Advertisement Rates: Half Page: \$20 Full Page: \$40

Payment is required in advance for all business ads. Ad copy should be sent to the QR Editor no later than the 12th of the month in order for ad to appear in the following month's QR. Individual club members (excluding businesses) may list bicycling-rated items to buy or sell without charge.

**QR Deadline is the
15th
of the month**